

Double Cheese Meatloaf

Yield: 6 servings (serving size: 2 slices)

1 cup chopped onion
6 tbsp ketchup, divided
2 tbsp dijon mustard, divided
1 cup shredded mozzarella
 $\frac{1}{2}$ cup Italian-seasoned bread crumbs
 $\frac{1}{4}$ cup chopped fresh parsley
2 tbsp grated Parmesan cheese
1 tsp dried oregano
 $\frac{1}{4}$ tsp black pepper
1 large egg, lightly beaten
1 $\frac{1}{2}$ lbs. Ground beef

1. Preheat oven to 375.

2. Place a medium skillet over medium-high heat. Add the chopped onion and saute for 3 minutes. Combine the onion, $\frac{1}{4}$ cup ketchup, 1 tbsp mustard, mozzarella, and next 6 ingredients (through egg) in a large bowl. Crumble ground beef over the cheese mixture; stir just until blended.

3. Pack mixture into an 8x4 loaf pan coated with cooking spray. Combine 2 tbsp ketchup and 1 tbsp mustard, spread over top of the loaf. Bake at 375 for 1 hour or until meat thermometer registers 160. Let meat loaf stand in pan 10 minutes.

4. Remove meat loaf from pan, and cut into 12 slices.

